



KATHRYN MCCUSKER AT ALCHEMY!

Friday, 16th of April 2010

Create Positive Action!

In this workshop Kathryn will explore our capacity to create positive action with no limits.

Through the teachings of Kundalini Yoga we will unlock our creative power to awaken and manifest courage and radiance.

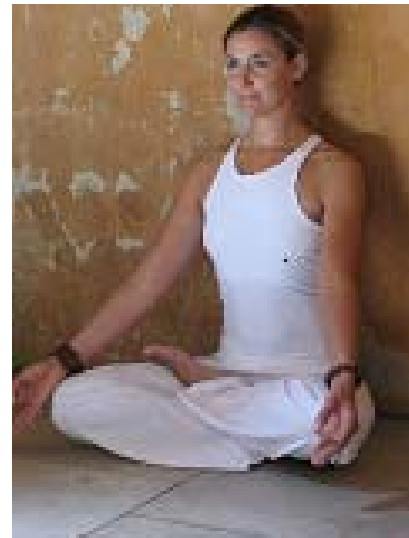
Courage makes right action possible and then ALL becomes possible.

Without courage there is nothing.

We will vibrate the different expressions of courage to create positive action and happiness.

Monday, 19th April 2010

Kundalini Yoga Class with Kathryn.



Australian born Kathryn has been practicing yoga in different forms since the early 1990's. In 2001 she encountered Kundalini Yoga and Meditation as taught by Yogi Bhajan in Yucatan, Mexico and completed her teacher training in 2003 (certified KRI level 1) with SKY (School of Kundalini Yoga) in the UK, under the supervision of Guru Dharam and Darryl O'Keefe.

Kathryn has taught continuously since then and completed her Level 2 training (KRI certified) in 2007 with Karta Singh at the Amrit Nam Sarovar School in France and is currently a senior mentor teacher trainer with Amrit Nam Sarovar.

She is also a trained pregnancy yoga and children's yoga teacher, a reflexologist and Usui Reiki Master and she has a passionate interest in inspiring people to find peace and balance within their lives and to awaken their confidence to experience their life's purpose and creative potential. Her professional background in singing and music informs her approach to her teaching and she has a strong interest in the healing benefits of Naad (essence of sound) and the gong. Kathryn has taught in many leading yoga studios in London, including Triyoga and Alchemy and she has a strong private client base that comprises and includes actors, musicians, business executives and working professionals. Kathryn regularly teaches on workshops and on retreats worldwide and she travels widely in India, Tibet and Mexico to maintain her curiosity and study of Shamanic teachings, Eastern and Mayan Philosophy and Buddhist Meditation practices. She continues to study with internationally renowned teachers such as Gurmukh in L.A and Gurunam in N.Y. to deepen and develop her self-practice.

The spiritual name given to Kathryn in 2001 by her spiritual teacher, Yogi Bhajan is Sarb Sewak, which means 'to serve all that is' and it is through teaching yoga, meditation and mantra that Kathryn continues to fulfill her life's purpose.

FRIDAY, 16TH APRIL 6:30PM – 8:30PM

FEE: £20

MONDAY, 19TH APRIL 10:30AM – 12:00PM

FEE: £15

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